



CITY OF ALBUQUERQUE






















BERNALILLO COUNTY

DEPARTMENT OF SENIOR AFFAIRS



## Let's Do Lunch!

September 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<b>4</b>  	<b>5</b> Red Chile Cheeseburger Bun Brussel Sprouts Pear 1% Milk  	<b>6</b> Chicken Tenders w/Ranch Baked Beans Squash Medley Dinner Roll w/Margarine Cherry Cobbler 1% Milk 	<b>7</b> Sweet and Sour Pork Steamed Rice Stir-Fry Vegetables Wheat Roll w/Margarine Pineapple 1% Milk 	<b>8</b> Salmon w/Lemon Butter Buttered Egg Noodles w/ Parsley Stewed Tomatoes Wheat Bread Sliced Strawberries 1% Milk 
<b>11</b> Chili Cheese Dog (Beef & Cheese/Onions) Red Rosemary Potatoes Cauliflower Oatmeal Cookie 1% Milk 	<b>12</b> Spinach Omelet w/Cheese Hash Browns Calabacitas Wheat Bread w/Margarine Honey Dew 1% Milk 	<b>13</b> Strawberry Salad w/Diced Ham 3 Bean Salad Low Sodium Crackers Cottage Cheese w/Peaches 1% Milk 	<b>14</b> Turkey & Swiss Sandwich Potato Salad Carrot Sticks Orange 1% Milk 	<b>15</b> Green Chile Chicken Alfredo Green Beans w/Mushrooms Stewed Tomatoes Crescent Roll w/Margarine Grapes 1% Milk 
<b>18</b> Pork Chop w/Applesauce Baked Potato w/Sour Cream & Margarine Broccoli Crescent Roll w/Margarine Mandarin Oranges 1% Milk 	<b>19</b> Philly Cheesesteak Steak Fries w/Ketchup Green Beans w/Mushrooms Chocolate Chip Cookie 1% Milk 	<b>20</b> Chopped Salad w/Turkey & Low Fat Dressing Cold Orzo w/Mixed Vegetables Low Sodium Crackers Yogurt 1% Milk 	<b>21</b> Chicken Parmesan Buttered Noodles Italian Vegetables Bread Stick w/Margarine Apricots 1% Milk 	<b>22</b> Red Chile Cheese Enchiladas Spanish Rice Calabacitas Watermelon 1% Milk 
<b>25</b> Catfish w/Tartar Sauce Rice Pilaf Okra Wheat Roll w/Margarine Applesauce 1% Milk 	<b>26</b> Cheesy Taco Pasta Mixed Vegetables Cornbread w/Margarine Jello w/Pineapple 1% Milk 	<b>27</b> Orange Chicken Noodles w/Green Beans, Onions & Red Peppers Peas Diner Roll w/ Margarine Fortune Cookie 1% Milk 	<b>28</b> Stuffed Potato (Cheese, Broccoli, & Sour Cream) Carrot Coins Biscuit w/ Margarine Grapes 1% Milk 	<b>29</b> BBQ Brisket Ranch Beans Scandinavian Blend Veggies (Carrots, Squash, Peas) Banana 1% Milk 

We reserve the right to alter the menu to meet food availability.

Diabetic clients should not be given sugar and bread; only upon request.